



**Livongo by Teladoc
Health**

Sep 20, 2024 •

Social connections may actually help your health. Get fun ideas to practice socializing in meaningful ways. Start the challenge.

Challenge link here:

<https://brnw.ch/21wMXgu>

Source:

<https://brnw.ch/21wMXgr>

...



September

30-Day Social Wellness Challenge

How's your "we time"? Find out why it matters.